

### ● College level -

Self-confidence, emotional control.  
Specialization of interests  
Ability to evaluate heroes, causes,  
groups. - logical temper.

### Activity Preferences -

Elementary - Running games.  
Traditional games.  
Co-operative games.  
Rinsing games.  
Hide & seek games.

Interest in - Football  
Nine-court basketball.  
Volley ball  
Social dancing.  
Dash & throw

Waning interest - Squad games.  
in Stunts.  
Playing catch  
Paper skipping  
Rhythmic & relays.

4<sup>th</sup> grade - Games contained.

- 1) high muscle activity.
- 2) strenuous & general participation
- 3) competition
- 4) two group type of organization



## Secondary likes

- |                          |                |
|--------------------------|----------------|
| 1. Tennis                | 6. Track       |
| 2. Swimming              | 7. Hiking      |
| 3. Basketball            | 8. Stunts      |
| 4. Golf                  | 9. Baseball    |
| 5. Skating               | 10. Riding     |
| Dodgeball                | 11. Volleyball |
| games                    | 12. Canoeing   |
| Rhythmical<br>activities |                |

## Dislikes

- |                 |             |
|-----------------|-------------|
| 1. Gym.         | 5. Marching |
| 2. Apparatus    | Skills      |
| Horshoes        | 6. Natural  |
| Exercises       | dancing     |
| 3. Tumbling     | 7. Track    |
| 4. Folk dancing |             |

College - social interest in athletics.  
instruction in individual sports.

Adult - Tennis, swimming, skating, golf,  
camping, out of - door activities.

## Parent Preference -

- Care of physical defects.
- Good carriage & control of body.
- Proper health habits.
- Opportunity for play & games.
- Skills in games not got at home.

Girls - No competitive swimming, or games.  
- apparatus, tumbling, dance  
basketball technique.  
folk dancing.



### Parents desire .

1. Acquisition of correct health knowledge, health attitudes & health habits .
2. Proper physical development & growth including special posture training .
3. Acquisition of correct social attitudes including sportsmanship, discipline, ability to cooperate well with others, & ability to compete against others in a creditable manner .
4. Development of personality traits, leadership ability, self-confidence & poise .
5. Development of ability to enjoy physical activity, for its sake & to appreciate recreational activities for the future, as well as the present .
6. Acquisition of physical skills, agility, grace, co-ordination, rhythm .
7. Development of healthy attitudes of mind .
8. Development of a program adapted to the age & needs of the children .
9. Acquisition of a knowledge of first aid .



Opposed to P.E.  
Asceticism.  
Scholasticism  
Puritanism.

Chap. 4.

Programs in P.E.

Program -

- 1) play
- 2) games
- 3) rhythmic activities.
- 4) self-testing activities.
- 5) out-of-door activities.

Activities

- 1) educational
- 2) corrective
- 3) hygienic
- 4) recreational.

Should develop.

- 1) courage
- 2) sportsmanship
- 3) endurance
- 4) imagination
- 5) love of activity
- 6) social consciousness.
- 7) acquisition of skills

Ideal programs -

- 1) indoor + out of door
- 2) large + small spaces
- 3) summer + winter
- 4) little equipment



- 5) streets & city country space.
- 6) Physically & mentally handicapped.
- 7) teams & individual.
- 8) mixed recreation.







## Senior High School

Fall  
Archery  
Desk Tennis  
Fieldball  
Solf  
Handball  
Horseshoes &  
quints  
Huscomt  
Playground ball  
Soccer  
Speedball  
Swimming  
Tennis  
Volley ball

Winter  
Archery  
Badminton  
Basketball  
Bowling  
Desk tennis  
Dancing  
Joul shooting  
Handball  
Ping-pong  
Quints  
Shuffle-board  
Skating  
Skiing  
Stunts  
Swimming  
Twenty one

Spring  
Archery  
Desk tennis  
Fieldball  
Field hockey  
Solf  
Handball  
Horseshoes &  
quints  
Hurdles 17-18"  
Huscomt  
Playground ball  
60-yd. dash  
Soccer  
Speedball  
Swimming  
Tennis  
Volley ball

## Junior High School

Paddle tennis  
Archery  
Field ball  
Solf  
Hit pin ball  
Horseshoe-quints  
Rich ball  
Rich pin ball  
Swimming  
Tennis  
Volleyball

Archery  
Basketball  
Ping pong  
Quints  
Shuffle-board  
Skating  
Skiing  
Swimming  
Volleyball  
Twenty one  
Joul shooting

Archery  
Field ball  
80 yd. dash  
Solf  
Hit-pin ball  
Rich ball  
Rich pin ball  
Huscomt  
Paddle tennis  
Schleyball  
Swimming



Skill tests.

Posture, rhythm, game skills, swimming.

Y.W.C.A. Program.

Gymnastics

Intermediate girls - with games  
Married ladies . . . . . dancing .  
Individual .

Swimming

Plunge

Instruction - eyes, life-saving, diving.

Tap dancing .

Aerobics .

● Creative dancing .

Basketball .

Badminton .

Fencing .

Archery .

Social dancing .

Boxing .

Ladies' corps .



Amt. of activity.

Prom pt. of activity, recovery of child.

### Fatigue

Weak posture.

Lassitude.

Unusually irritability.

Restlessness.

Unusual habits.

Pallor

Eyes - circles.

Poor co-ordination

Respiration - irregular.

Rise in body temp.

Loss of appetite.

General ache.

Pallor + chr.

Sw.

Eyes.

### Activity - outside sources.

Variety of activities.

1) - interests, capacities. age.

2) - intensity - condition

age

environment

season + tempo.

3) - duration d

4) - frequency.



Forest Hill

8.45 - 9.45.

Buy St. to St. Clare.

change at Spaldina Dunrobin 8.30

bus at 8.15 Spaldina + St. Clare.

1. Theme song - Come let us be joyful.
2. Set - acquainted game.
3. Stunt song.
4. Guessing game.
5. Musical game.

Done.

Program for private school 12 yr. (seasons)  
one.

After school activities.

daily 1) 15-18 yr. 4-8 hr. physical activity.  
18-21 yr. 2-3 " "

- 2) The time for recreation
- 3) Community spirit.

Should.

- 1) Give child the hrs. of activity daily.
- 2) Child should love work.
- 3) Child should continue activities for pleasure.
- 4) Outdoor
- 5) According to season.
- 6) Well organized with student leadership.





The **Margaret Eaton School Digital Collection** is a not-for-profit resource created in 2014-2015 to assist scholars, researchers, educators, and students to discover the Margaret Eaton School archives housed in the Peter Turkstra Library at Redeemer University College. Copyright of the digital images is the property of Redeemer University College, Ancaster, Canada and the images may not be copied or emailed to multiple sites without the copyright holder's express written permission. However, users may print, download, or email digital images for individual non-commercial use. To learn more about this project or to search the digital collection, go to <http://libguides.redeemer.ca/mes>.